

# Health

## WEEK 1 - Home Assignment

Good morning! During your Intro to Health Class, we began discussing the topic of Wellness. I asked you to participate in a word association exercise for the prompt: What is Wellness?

Even only a few years ago, when I asked students this question, many would respond with items related to our physical bodies (physical wellness) such as exercising, having proper nutrition, getting enough sleep & hydrating, and not getting sick.

All of these are very important components of wellness, but as you highlighted during the activity, MENTAL/Emotional Health is a component of Wellness as well. What this shows me is that people are understanding that Wellness cannot be seen by the naked eye. Wellness is broader than just how the body is functioning. There has become more awareness that many areas of our life contribute to our overall wellness.

During today's Home Assignment, I'd like to introduce the 7 Dimensions of wellness and have you explore how keeping these dimensions of wellness in balance contributes to a healthful & productive life, as well as how you would evaluate your own personal wellness.

The Dimensions of Wellness I would like you to explore today are the following:

**Emotional, Intellectual, Occupational (School/Career), Social, Spiritual, Environmental, Physical**



As you can see, Wellness is broad, and components of wellness are interrelated! I would like to give you an opportunity to explore these 7 dimensions of wellness and evaluate your dimensions!

**STEP 1: Review the resource links below to better understand behaviors associated with each dimension of wellness.**

(As I use resources from college websites, many of these wellness wheels speak to “Financial Wellness.” As you get older, one’s financial wellness will play more of a role in contributing to overall wellness, however, right now, I’d you to use Occupation Wellness (CAREER/SCHOOL) as one of the many areas that impact a teens life.)

[7 Dimensions of Wellness - Mindbody.pdf](#)

[7 Dimensions of Wellness.pdf](#)

[7 Dimensions of Health & Wellness Guide \(SFU\).pdf](#)

**STEP 2: Fill out the chart below:**

**Provide 2 examples of behaviors that you currently practice that contribute to each area of wellness.**

(If you currently do not practice any behaviors pertaining to a certain area of wellness, research 2 examples of how one COULD enhance that particular area. (The last link of resources will help you out a lot with this!)

Dimension of Wellness	2 Behaviors I do related to this area of wellness	1 behavior I could do more related to this dimension of wellness.
Physical		
Emotional		
Social		
Intellectual		
Occupational (School/Career)		
Spiritual		
Environmental		

**STEP 2:** Now, let's put your Wellness to the test! **Complete the online Wellness Assessment located here:**

[https://ndstate.co1.qualtrics.com/jfe/form/SV\\_eDREoRKtSJdKjb?Q\\_JFE=qdg](https://ndstate.co1.qualtrics.com/jfe/form/SV_eDREoRKtSJdKjb?Q_JFE=qdg)

**\*\*At the end of your assessment, you will be asked for an e-mail address to submit your scores - EMAIL YOUR SCORES YOURSELF (your school e-mail).\*\***

**STEP 3: Enter your scores you achieved below. (Scale 1-6).**

(Disregard questions about work - Feel free to interpret them in the context of school!)

Physical	Intellectual	Emotional	Social	Spiritual	Occupational	Environmental

**STEP 4: Reflect**

Which Dimension of Wellness do you feel is the MOST IMPORTANT to keep healthy? WHY?

Which Dimension of Wellness do you feel Americans are the worst at maintaining? Why?

Which of your Dimensions of Wellness has been most affected since March 13th, 2020, when we were sent home due to Covid-19? Why and/or how?

